



Power Talk: Nonviolent Communication and the Legacy of Dr. Martin Luther King -- A Community Workshop --

Did you know that Dr. Martin Luther King inspired not only nonviolent action, but a communication system that supports personal empowerment and social change? Would you like to speak your truth with greater authority and authenticity? Do you want to build confidence and effectiveness in diverse settings and in working for organizational, institutional, social change?

REGISTER TODAY FOR THIS UNIQUE COMMUNITY INTRODUCTION TO NONVIOLENT COMMUNICATION (NVC)

**Two Sessions: February 16, 2013 | FREE and Open to All
9:00 – 12 noon & 1:00 -4:00 | Farrell Westbrook Complex (the Barn)
3500 John A. Merritt Blvd., Nashville, TN 37209
EMAIL: mhrc@nashville.gov or CALL: (615) 880-3370**

Presented by the Metro Human Relations Commission and Metro Public Health Department

ABOUT THE PRESENTER:

Dr. Roxy Manning, Ph.D., is a licensed psychologist,



consultant and certified NVC trainer. To date, she has worked with corporations, non-profits, community groups, and individuals from five continents to build resiliency, improve performance, increase effective communication, and reduce harmful conflict in diverse settings. Dr. Manning is a sought-after leadership development speaker, coach, and retreat facilitator.

A.M. SESSION: “Power, Resources & Choice in Effective Social Change”

Without doubt, Dr. King’s life was a hero’s journey, fueled by inner resources that many think are reserved for a chosen few. But Dr. King knew that the power inside him resides in all of us. The challenge is *understanding that power and accessing it to create the change we seek.*

In this session, **participants will identify the internal and external resources available to them to enhance personal and collaborative power and make choices toward action that help achieve desired goals.**

P.M. SESSION: “Power Talk: How to Move Mountains with Honesty, Empathy & Authenticity”

Dialogue is a universal tool for understanding and coalition building in cross-cultural interactions. Yet dialogue depends on trust, and how is trust developed when differences shroud basic human similarities and multiple perspectives cause worldviews to collide?

In this session, participants will experience, learn, and practice Nonviolent Communication and its power to create space for the truth, connection, and safety needed for effective advocacy and social change.

Sponsored by the Metro Human Relations Commission and Metro Public Health Department



Supporting Partners: Tennessee State University and NVC Nashville
Community Hosts: Nashville Conflict Resolution Center • The Urban Epicenter • The Circle Center • Community Partners’ Network • EarthMatters • and more...

